

Acidosis Causes and Natural Treatment

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Acid / Alkaline Balance

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids (acidosis) must be neutralized, our alkaline reserves are depleted, leaving the body in a weakened condition.

Every day we wage our own private war against molds, yeasts, bacteria, viruses and fungi. By using antibiotics as the first line of defence we have encouraged the development of more powerful deadly bugs and bacteria.

Our immune systems are becoming weaker and over-taxed in this war. Louis Pasteur declared the germ theory of disease that states germs are the cause of disease. But note Dr. Pasteur's dying words: "The germ is nothing, the inner terrain is everything".

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by auto-toxication (or "self-poisoning") due to acidosis in the body.

Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.

William Howard Hay, M.D.

More recently, in his remarkable book *Alkalize or Die*, Dr. Theodore A. Baroody says essentially the same thing:

The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!

Theodore A. Baroody, N.D., D.C., Ph.D.

Modern science has revealed that the cause of aging may be far more simple than previously thought.

Almost 99% of the components of food that we consume every day are composed of carbon, nitrogen, hydrogen, and oxygen with only 1% been minerals.

The wastes produced from food are highly acidic and acidosis is one of the main contributors that lead to the aging process and various illnesses. Acid waste is excreted from the human body in the form of urine or sweat. But the wastes not excreted will be circulating around in the blood, in the body. This acidic waste will gradually accumulate somewhere in our capillaries blood vessels, and eventually clog them up. Also as a consequence of this, the cells of the human body will be deprived of their supply of oxygen and essential nutrients, rendering these cells inactive in reproduction. That's the main reason why people age. Moreover, with the capillary blood vessels clogged up, the function of every organ in the human body accumulating acidic waste will begin to deteriorate, causing serious illnesses in the long run.

So when does the accumulation of age-contributing acidic waste begin?

Scientists say that aging begins when a child starts to wean. An unborn child lives on nutrients from his mother while in the womb and the body of the baby becomes alkaline, owing to the consumption of alkaline minerals.

Naturally, this is due to the release of alkaline minerals from the mother. This release of alkaline minerals during pregnancy does temporarily weaken the mother's body, causing a lack of appetite etc.

The baby will remain alkaline while breast feeding, but will begin to reduce in alkalinity once put on infant cereals.

If the cause of aging lies in acidosis, then the answer to longer life must lie in eliminating such acidic wastes. Hence, to neutralize acidic meals, alkaline water could be the answer. Many doctors recommend a vegetarian or low meat diet as alkaline minerals and vegetables help neutralize acidic waste. But vegetables only contain a very small amount of alkaline minerals and that is why a very large quantity of vegetables needs to be consumed in order to neutralize these wastes in the body.

We live and die at the cellular level. All the billions of cells that make up our human body are slightly alkaline, and must maintain alkalinity in order to function and

remain healthy and alive. However their cellular activity creates acid and this acid is what gives the cell energy and function. As each alkaline cell performs its task of respiration, it secretes metabolic wastes, and these end products of cellular metabolism are acid in nature.

Although these wastes are used for energy and function, they must not be allowed to build up. One example of this is the often painful lactic acid which is created through exercise. The body will go to great lengths to neutralize and detoxify these acids before they act as poisons in and around the cell, ultimately changing the environment of the cell. Most people and clinical practitioners believe the immune system is the body's first line of defense, but in actuality it is not. It is very important, but more like a very sophisticated clean-up service. We must instead look at the importance of pH balance as the first and major line of defense against sickness and disease and for health and vitality.

Drinking alkaline water is an easy and efficient way to help neutralize an acidic human body.

Water, the origin of Life, contains 2 parts hydrogen and one part oxygen. Alkaline water is water that contains a larger amount of oxygen as compared to hydrogen. By drinking alkaline water, we increase our intake of oxygen compared to drinking plain water. The advantage of drinking alkaline water is that while being absorbed by the body, it helps neutralize acidic wastes, making them more soluble in the blood vessels. Thus, acidic wastes will be easily drained out of the body in the form of urine or sweat.

If we were to ask what is killing us, the answer might be ACIDOSIS. It has been demonstrated that an acidic, anaerobic (lacking oxygen) body environment encourages the breeding of fungus, mold, bacteria, and viruses. Let us look at an example. If we were to seal the door to our freezer and then unplug it, come back and open the door in two weeks, what would we find? Mold, bacteria and microscopic bugs that are growing and multiplying. Where did they all come from? They did not sneak in - remember the door was sealed. The answer is . . . they were always there.

It is simply that the environment changed to a more inviting and healthy one for these 'critters' to live in. This can be likened to a shift in our biological terrain from a healthy oxygenated, alkaline environment to an unhealthy anaerobic acidic environment. You see what is healthy for us is unhealthy for the body attackers and what is healthy for them is what is unhealthy for our body.

Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 - the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.

It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter.

Test Your Body's Acidity or Alkalinity with pH Strips

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. There is much to discover so that pH test result can be meaningful. Rather than give simplistic guidelines here it is recommended you look online or purchase a book on this subject from our online store.

Urine pH

The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control the acid level. If acid levels are too high, the body will not be able to excrete acid. It must either store the acid in body tissues (autotoxication) or buffer it - that is, borrow minerals from organs, bones, etc. in order to neutralize acidity.

Saliva pH

You may also want to test the pH of your saliva. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will have acidic pH readings from both urine and saliva. This is referred to as "double acid."

Keeping the Balance Right for Excellent Health

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. Even the right herbal program may not work if your body is struggling with acidosis.

A state of acidosis is simply the lack of oxygen and available calcium which the body uses to maintain its alkaline balance. Calcium makes up 1.6% of our body weight. It is literally the human glue that holds the body together. Calcium is so biochemically active that it has been likened to an octopus. A calcium ion can hold onto seven other molecules while it grabs onto one molecule of water. No other ion can do this. And it is the right size to easily get in and out of the human cell. As it does this, it takes a chain of nutrients into the cell and then leaves to get more nutrients.

What Causes Me to be Acidic?

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners which are extremely acid-forming. One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.

Most people who suffer from unbalanced pH are too acidic. This condition forces the body to borrow minerals including calcium, sodium, potassium and magnesium, from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity. A condition that may go undetected for years.

One of the first warning signs of an acidic biological terrain is calcium deposits. In testing where calcium deposits come from, it has been shown that they come from the structural calcium of our bones and teeth and never from the calcium in our water or diet.

This is important because it means that if calcium deposits are forming, we know our inner biological terrain is too acidic. Our dietary intake of calcium is not keeping up with the calcium buffering needed and we are actively pulling calcium from our

bones and teeth. It all works like a little train, from the bones to the fluids and cells, to the blood. As our biological terrain becomes acidic, our pH level drops. When this happens we start losing calcium out of the blood, the bones, and the tissues. This is a safety mechanism. Now your biological terrain's oxygen level drops leaving you tired and fatigued, allowing fungus, mold, parasites, bad bacteria, and viral infections to flourish and gain a hold throughout the body. It is interesting to note that you often won't have just some of these invaders. If you have Candida you will likely have bad bacteria, fungus, and parasites because they all flourish in the same terrain.

Mild acidosis can cause such problems as:

- * Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- * Weight gain, obesity and diabetes.
- * Bladder and kidney conditions, including kidney stones.
- * Immune deficiency.
- * Acceleration of free radical damage, possibly contributing to cancerous mutations.
- * Premature aging.
- * Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
- * Joint pain, aching muscles and lactic acid buildup.
- * Low energy and chronic fatigue.

A recent seven year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH.

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The biggest problem scientists have found is that over time the human body becomes depleted of calcium. A compound called mono-ortho-calcium phosphate is the chemical buffer for the blood. This buffer maintains the alkaline level (or the lack of acidity) in your blood. Without it you would die. If the acidity level of your blood changes even slightly you die immediately. But in order to supply enough calcium for buffering we must have enough calcium being absorbed from our diet or our body will simply rob the needed calcium from our bones and teeth.

The more acidic we become, the harder it is for oxygen to be present, so our biological terrain also becomes more anaerobic. Without adequate oxygenation,

unfriendly bacteria, viruses, molds, and fungus can live and prosper. Then our cells cannot carry on their life-giving functions in a very efficient manner because our biological chemical reactions need oxygen.

Some Common Diseases and their Relationship to Acidity

Cancer

While the normal cells of the human body degenerate, and acidic wastes accumulate, cancer will make a genetic transformation and keep propagating itself in order to survive in such acidic surroundings.

There have been two theories on the basic causes of cancer. One is the oxygen deficiency theory by a German biochemist, Dr. Warback. The other is the theory of acidic cells, by a Japanese doctor, Dr. Airashi.

Dr. Warback discovered that if oxygen is removed from a health cell, the cell will start to turn cancerous. Dr. Warback won the Nobel prize by proving this theory through his many experiments.

Dr. Airashi showed that cells that survive in acidic environments will eventually develop cancerous characteristics.

Even though cancer cells are eliminated entirely through an operation, they reoccur because the acidic surroundings still remain after the operation. So, to help prevent this, we should stop the development of acidosis by having a healthy diet, avoiding stress, living in a healthy environment and exercising.

Obesity

The human body is very intelligent. As we become more and more acidic the body starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. It is known that acid gets stored in fat cells. After all, if the acid does come into contact with an organ the acid has a chance to eat holes in the tissue. This may cause the cells to mutate. The oxygen level drops in this acidic environment and calcium begins to be depleted.

So as a defense mechanism, your body may actually make fat to protect you from your overly-acidic self. Those fat cells and cellulite deposits may actually be packing up the acid and trying to keep it a safe distance from your organs. The fat may be saving your vital organs from damage. Many people have found that a

return to a healthy inner biological terrain helps them to lose excess fat.

Diabetes

When acidic wastes accumulate in the pancreas, diabetes can develop due to lack of insulin in the body.

Doctors say that symptoms of diabetes appear mainly in people above 40, with no symptoms of diabetes in their 20s. How do they differ from each other?

In general, the quantity of accumulated acidic wastes after the age of 40 is far more than those in their 20s, especially in the pancreas. Nevertheless, we may help avoid the onset of diabetes if we flush out the acidic waste in our bodies by drinking plenty of healthy water.

Hypertension

Hypertension is a common illness that occurs due to three reasons.

- 1) Hypertension caused by clogged capillary vessels due to physical reasons.
- 2) Narrowed blood vessels caused by acidic wastes.

Thus, blood pressure has to be higher naturally in order to supply sufficient quantities of blood through the narrow vessels.

- 3) Lack of oxygen due to chemical reasons, namely solidified acidic waste in the vessels.

Hypotension

Hypotension can occur as the heart muscles deteriorate due to a lack of calcium ions, caused by acidic waste.

A patient with hypotension may regain his health by drinking healthy mineralized water. This is because calcium ions in alkaline water can help to restore the heart's activities when caused by a lack of calcium ions.

Kidney Ailment and Kidney Stone

One of the major functions of alkaline water is to purify or help remove the wastes in the body. The accumulation of excessive wastes in the kidneys weakens the kidneys. When cells survive in an excessive acidic environment, swelling of the kidneys occurs.

In order to remain healthy, cells should expel all the waste produced by them. But if the blood becomes more acidic then the waste will cling to the walls of cells, causing solidification of acidic fluoride in the kidneys and kidney stones.

Osteoporosis and Gout

Human bones function as a calcium bank for the body. A combination of calcium and phosphorus, bones stay healthy as long as there are adequate amounts of these two substances present. To neutralize excessive quantities of waste or acidity, the body starts to deprive the bones of calcium, which may be harmful to the body. Symptoms of calcium deficiency are not evident through X-ray examinations and are only visible when 30-40% of the calcium in the bone has already been depleted.

Gout happens when calcium accumulates in the capillary blood vessels of the hands and legs. Normally, gout occurs in toe joints, knee joints, and finger joints and drinking alkaline water is one of the best treatments.

Chronic constipation

Dr. Choi, a medical practitioner at the Seoul National Medical University, observed 15 patients (10 men and 5 women) who had suffered from constipation for over a year. Results showed that the symptoms of constipation were alleviated when alkaline water was consumed for a period of 1-2 weeks. Twelve of the fifteen patients recovered remarkably well after this period. This is true because by lubricating the wastes secreted on the walls of the large intestine, excretion become easier.

Dr. Choi also observed that there was a remarkable improvement in how alert his patients were after drinking alkaline water.

Stress and Headache

When we suffer from stress, our body produces more acidic waste, leading to acidosis. Physical stress can be relieved by getting a good rest. Nowadays, however, most of us do not find the time to relieve mental stress. Continued long term stress will create harmful problems like headaches, mental disorder, bad temper and unbalanced hormone excretion, etc. There are two kinds of stress. One

is physical stress caused by physical activities and the other is mental stress caused by mental fatigue.

To conclude it is reasonable to say that there are no specific diseases, only specific disease conditions.

That is why Dr Young and others believe there is only one disease. And that one disease is acidosis.